



Seared Beef Fillet & Pumpkin-Sage Gratin with Black Garlic Mayo

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Butternut Pumpkin



Sage



Garlic



Baby Broccoli



Black Garlic



Mayonnaise



Panko Breadcrumbs



Grated Parmesan
Cheese



Premium Fillet
Steak

Hands-on: **30-40 mins**
Ready in: **40-50 mins**

Prepare for something a little extraordinary tonight. The secret is black garlic – aged for its unique and mellow flavour – in a creamy mayo to pair perfectly with steak and baked gratin. Finish off this restaurant-quality meal with a decadent blondie studded with chocolate chunks and topped with butterscotch sauce for maximum wow-factor.

Pantry items

Olive Oil, Butter, Plain Flour, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium or large baking dish · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
sage	1 bunch	1 bunch
garlic	1 clove	2 cloves
baby broccoli	1 bunch	2 bunches
black garlic	1 tub (10g)	2 tubs (20g)
mayonnaise	1 packet (40g)	2 packets (80g)
panko breadcrumbs	½ packet	1 packet
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1 ½ cups
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
premium fillet steak	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2745kJ (656Cal)	400kJ (95Cal)
Protein (g)	51.3g	7.5g
Fat, total (g)	29.7g	4.3g
- saturated (g)	11.1g	1.6g
Carbohydrate (g)	41.5g	6g
- sugars (g)	23.2g	3.4g
Sodium (mg)	724mg	105mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Cabernet Merlot Blend or Malbec



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Peel and cut the **butternut pumpkin** into 0.5cm slices. Place in a baking dish lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until just tender, **15 minutes**.



Cook the steak

See Top Steak Tips (below) for extra info!

While the gratin is baking, wash and dry the frying pan and return to a high heat with a drizzle of **olive oil**. Season the **premium fillet steak** all over with **salt** and **pepper** and add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to an oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray from the oven and set aside to rest.

TIP: The meat will keep cooking as it rests!



Get prepped

While the pumpkin is roasting, thinly slice the **sage** leaves. Finely chop the **garlic**. Trim the ends of the **baby broccoli** and halve any thick stalks lengthways. Peel the **black garlic**. In a small bowl, mash the **black garlic** with a fork until smooth, then stir in the **mayonnaise**. In a medium bowl, combine the **panko breadcrumbs** (see ingredients) with a good drizzle of **olive oil** and season with **salt** and **pepper**.



Cook the baby broccoli

While the steak is roasting, return the pan to a medium-high heat along with a drizzle of **olive oil**. Cook the **baby broccoli**, tossing, until just tender, **5-6 minutes**. Season with **salt** and **pepper**.

TIP: Add a dash of water to help speed up the cooking process.



Make the gratin

Heat a large frying pan over a medium heat and add the **butter**, **sage** and **garlic**. Cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove the pan from the heat and slowly whisk in the **milk** until smooth. Stir in the **salt**, **grated Parmesan cheese** and season with **pepper**. Pour the **sauce** over the **pumpkin** in the baking dish. Top with the **panko breadcrumb mixture** and bake until golden and bubbling, **10-15 minutes**.



Serve up

Slice the steak. Divide the pumpkin and sage gratin, steak and baby broccoli between plates. Pour any resting juices over the steak and top with black garlic mayo to serve.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Choc-Chip Blondie & Nutty Butterscotch Sauce

with Roasted Peanuts

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Blondie Mix



Dark Chocolate Chunks



Light Thickened Cream



Dark Roasted Peanut Butter



Roasted Peanuts

Hands-on: 15-25 mins
Ready in: 35-45 mins

Like a brownie, but not quite, these fudgy delights are studded with dark chocolate chunks and finished off with a decadent gooey butterscotch sauce all over. Proceed with caution - this dessert is addictive!

Pantry items

Butter, Eggs, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Small saucepan · 20cm square baking tin lined with baking paper

Ingredients

	8-10 People
butter* (for the blondie)	150g
blondie mix	1 packet
dark chocolate chunks	½ packet
eggs*	2
light thickened cream	1 packet
brown sugar*	½ cup
butter* (for the sauce)	15g
dark roasted peanut butter	1 tub
roasted peanuts	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2020kJ (482Cal)	1700kJ (405Cal)
Protein (g)	7.2g	6.1g
Fat, total (g)	27.3g	23.0g
- saturated (g)	15.1g	12.7g
Carbohydrate (g)	51.8g	43.5g
- sugars (g)	36.0g	30.3g
Sodium (mg)	414mg	348mg

*Nutritional information based on 9 servings

Allergens

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Brown the butter

Preheat the oven to **180°C/160°C fan-forced**. In a small saucepan, melt the **butter (for the blondie)** over a medium-high heat, until beginning to brown, **2-3 minutes**. Set aside until cooled slightly, **5 minutes**.



Mix the dry ingredients

While the butter is cooling, line a 20cm square baking tin with baking paper. In a medium bowl, combine the **blondie mix** and **dark chocolate chunks** (see ingredients). Stir until the **dark chocolate chunks** are well coated.

TIP: Coating the chocolate chunks in the blondie mixture prevents them from melting!



Add the wet ingredients

Add the **eggs** and browned **butter** to the dry ingredients and stir to combine.



Bake the blondie

Pour the **blondie mixture** into the prepared baking tin and spread evenly using a spatula. Bake until just firm to the touch, **25-28 minutes**. Leave to cool in the tin for **15 minutes**.

TIP: To check if the blondies are done, stick a toothpick or skewer in the centre. It should come out clean.



Make the butterscotch sauce

While the blondies are cooling, return the saucepan to a medium-high heat. Add the **light thickened cream**, **brown sugar**, **butter (for the sauce)**, **dark roasted peanut butter** and a pinch of **salt** and cook, whisking, until well combined, **5 minutes**. Set aside until thickened.

TIP: The sauce will thicken as it rests!



Serve up

Slice the blondie into 9 squares. Serve the choc-chip blondies warm on a serving dish with a drizzle of the butterscotch sauce. Top with the **roasted peanuts**.

Enjoy!